



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

September 2019

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:45-9:45am
Everyday Strength
Alex-Fitness Room

5:15-6:00am
Cycling
Michelle-Cycling Room

8:45-9:45am
Y-Fit
Misty-Fitness Room

5:15-6:00am
Cycling
Kim-Cycling Room

8:45-9:45AM
Yoga
Christy- Ballet Room
***Sept 13 & 27**

8:00-9:00am
Yoga
Christy- Ballet Room
***NEW TIME**

9:15-10:00am
Sweat Cycle
Hannah-Cycling Room

8:45-9:45am
Sycamore Strength
Alex-Fitness Room

9:15-10:00am
Sweat Cycle
Olivia-Cycling Room

8:45-9:45am
Cycle Strong
Hannah-Cycling Room

9:15-10:00am
Sweat Cycle
Hannah-Cycling Room

5:30-6:30pm
ZUMBA
Erica-Ballet Room

5:30-6:30pm
PopPilates
Heidi-Fitness Room

6:00-7:00pm
Lift & HIIT
Josh-Fitness Room

8:45-9:45am
ZUMBA
Erica-Ballet Room

5:30-6:30pm
Insanity
Josh-Fitness Room

6:30-7:30pm
Tabata
Hannah-Fitness Room

7:00-7:45pm
Cycling
Jill-Cycling Room

4:45-5:45pm
Tai Chi
Haiyan-Ballet Room
***NO CLASS Sept 5 & 12**

United Way Lunch Drive

Monday Sept 9,
11am-1pm

- ◆ Lunch served in the front lobby
- ◆ All donations go to the United Way of Ashland County

10:00-11:00am
SilverSneakers Yoga
Christy-Gym

10:00-11:00am
SilverSneakers Circuit
Sherry-Gym

10:00-11:00am
SilverSneakers Active & Fit
Lisa-Gym

10:00am-11:00am
SilverSneakers Classic
Hannah-Gym

10:00-11:00am
SilverSneakers Classic
Sherry-Gym

10:00-10:45
SilverSneakers BOOM MIND
Louise-Ballet Room

11:15-12:00pm
SilverSneakers Stability
Sherry-Ballet Room

10:00-10:45am
SilverSneakers BOOM MIND
Louise-Ballet Room

